



Allison Coleman, MSW



TRAVELER. STORYTELLER. TRANSFORMATION GUIDE.

From Layoff to 7 Continents

*One unexpected ending.
One ambitious goal.
Seven continents in three years.*

Allison Coleman, MSW, is a traveler, speaker, and advocate for personal growth through travel. After a life-changing layoff, she set out to visit every continent—proving that a setback can be the start of your greatest adventure.

Through her Dream Series, wellness travel resources, and the *From Layoff to 7 Continents Journal*, Allison inspires others to dream boldly, take action, and transform their lives—one step (and one stamp) at a time.



Dream Worldtrotter

TRAVEL AS TRANSFORMATION



5 CONTINENTS DOWN

On a mission to visit all 7 continents within 3 years.



AUTHOR & CREATOR

Creator of the *From Layoff to 7 Continents Journal* and cat café & wellness travel products.



ENGAGING SPEAKER

Real stories, practical strategies, and actionable inspiration.



PURPOSE DRIVEN

Empowering others to turn challenges into opportunities.

Topics I Speak On

- ✦ From Setback to Comeback: Turning Layoffs into New Beginnings
- ✦ Travel as Transformation: How Exploring the World Changes You
- ✦ The Power of Goals: Turning Big Dreams into Action
- ✦ Mindset on the Move: Building Confidence Through Travel
- ✦ Wellness on the Road: Self-Care Strategies for a Meaningful Life
- ✦ From Layoff to 7 Continents: My Story and the Lessons Along the Way

Who I Speak To

- ✓ Corporate & employee groups
- ✓ Women's organizations
- ✓ Universities & schools
- ✓ Professional associations
- ✓ Travel & adventure events
- ✓ Wellness & personal growth communities

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You don't need to have it all figured out.
You just need to take the first step.

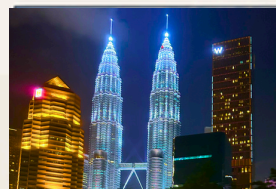
Let's turn your next event into an unforgettable experience!

Let's Connect!

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Featured In & On

Medium, YouTube, Blogs, Podcast Interviews & More



Real stories. Real transformation. Real impact.

Let's inspire the world together.